

# TENNIS

## Elizabeth Prendergast

Junior Tennis Coordinator



Contact Me

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### Philosophy

I believe tennis should be played primarily for fun and relaxation. If you decide to play competitively, it should be for the enjoyment of playing the game at a higher level. It's a great way to meet new people and make friends. It is one of the few sports that you can play your whole life.

### Goals

- I am passionate about Junior Tennis development. My goal is to help juniors develop within a structured tennis pathway, while also helping them to find a life long love of the game.
- We will focus and work on technique as well as gain an understanding of the rules and tactics of tennis.
- For those looking to play more competitively, a strong emphasis will be put on advanced match tactics and patterns of tennis rallying with a focus on consistency.

